



Where Does “It” Go? What Happens Next?

**Pond 3**

PHOTO BY PAUL STEVENS

“It” refers to everything Crosslands, Kendal, and Cartmel residents put in their toilets and down their sinks and shower drains. What happens next involves KCC history and a multi-step process. When Kendal at Longwood was built in 1973, a wastewater plant was established which included spray fields. The building of Crosslands in 1978 required the expansion of the spray fields. The current wastewater plant serves Crosslands, Kendal at Longwood, and Cartmel. There are five pump stations across the three campuses that assist with wastewater flow where gravity cannot.

The plant has two permits under Pennsylvania DEP (Department of Environmental Protection) and has had major renovations and re-licensing in 2001 and again in 2018. One of the permits is for spray discharge, the other for stream discharge which is used only in an emergency. The original permit was for up to 70,000 gallons of flow per day. In 2001, the permit was increased to 125,000 gallons per day. On average, the plant treats 75,000 gallons of wastewater daily.

The raw influent wastewater comes to the head works of the plant, located on Kendal’s campus,

where it runs through a grinder; then a screen that sorts out anything non-biodegradable; then a meter to monitor flow volume. The flow then dumps into Pond 1, a Sequential Batch Reactor, the work horse of the entire plant where most of the separation of water/solids takes place and biological breakdown occurs. Pond 1 cycles four times in a 24-hour period.

During a cycle, three aerators are pumping air into the pond and one mixer enhances the life cycle of millions of micro-organisms whose sole purpose is to break down the solids. Then, all air and mixers shut down for 90 minutes to allow solids to drop to the pond bottom. At the end of 90 minutes a pump just below the surface pumps water to Pond #2 across the Service Road, while a pump on the bottom of the pond pumps solids to the digesters tanks/sludge beds, which are above the Kendal resident gardens. This part of the cycle takes only five minutes. Then Pond 1 returns to the first part of the cycle, filling and separation.

In the digesters tanks/sludge beds, the solids are highly aerated to continue their breakdown. There are three underground tanks here. In the final tank, much like Pond 1, the liquids and

solids are again separated. Liquids pump back to the head works of Pond 1. Solids are pumped into the adjoining sludge beds, which have phragmites growing in the sludge. The intent, much like a natural swamp, is to break down the solids. It is projected that the sludge beds will be dug out every 7-10 years and remaining solids hauled off site.



PHOTO BY PAUL STEVENS

Pond 1

Pond 2, the largest of the ponds in “the lake district” is primarily a storage pond holding 3 million gallons and a favorite swimming hole and breeding ground for geese and ducks. From Pond 2, liquid is pumped through a filter where alum is injected, and microscopic solids are screened. The waste from the filter is returned to Pond 1. The filtered water is sent for final treatment to Pond 3, a storage pond (500,000 gallons) and also a favorite spot for waterfowl. From Pond 3, the

last step before spraying is through the chlorine contact tanks where a 12% chlorine solution is injected to disinfect the final effluent.

The six spray fields cover 26 acres in the woods. A meter checks the final flow. KCC trails are positioned so walking on them when the spray fields are operating does not mean a spray bath for hikers. And when there are freezing temperatures, the frozen spray creates a winter wonderland.

The spray fields are typically sprayed two fields at a time powered by submersible spray pumps in the chlorine contact tank. The pumps are on a cycle timer that is manually started for a ten-hour period, cycling on and off every 20 minutes allowing time for the sprayed water to soak into the ground. The spray fields are inspected routinely, watching for broken or damaged piping and keeping an eye out for erosion concerns.



PHOTO BY PAUL STEVENS

Spray Field “Winter Wonderland”

There are seven monitoring wells in and around the spray fields that are sampled on a quarterly basis. The samples are sent to a lab for analysis. This data is compiled annually into a “ground water report” that is submitted to DEP as part of KCC’s permit requirements. ARRO Consulting manages the wastewater plant operation and submits required data monthly to Pennsylvania DEP. KCC uses Pre-Doc service company to service and repair all things mechanical related to the operation of the plant which answers the questions, where does “it” go and what happens next.

Diana Stevens and Joe Deckman

Resident Moves

Richard C. Blanchard	808
Katherine K. Sherman	519

In Memoriam

Mary Elizabeth Bryan	Jan 2, 2023
Loraine McGuire	Jan 3, 2023
Adelbert “Del” T. Tweedie	Jan 6, 2023
McIver Edwards, Jr.	Jan 13, 2023
Robert “Bob” W. Connolly	Jan 18, 2023
Cort De Voe	Jan 20, 2023
Marjorie “Marge” Christianson	Jan 20, 2023

Big Woods Update

Hiking on the trails in the Big Woods is one of the outdoor pleasures that many residents enjoy. And, with the long-term future of the woods in mind, their gradual decline must be taken seriously. To that end, for the past three years, a group of residents and staff have been discussing how such decline of trees can be addressed.

A 4-community Woods Committee (4CW), consisting of key staff and resident representatives from all four communities has developed a Strategic Plan for the Big Woods that was described in the January 2022 edition of the Chronicle. In the past year, a tree inventory and gap analysis have been completed, trail improvements have been made, and invasive plants have been removed both by contractors and resident volunteers. In previous years, over 600 tree seedlings had been planted in tubes on the combined KC campus.

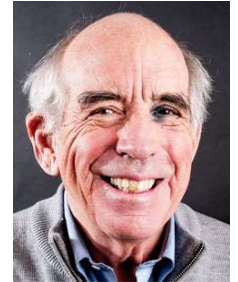
While protective 5-foot tubes can allow tree seedlings to grow, they do nothing to encourage natural regeneration of shrub and tree seedlings in the wider area. It seems that without protecting the Big Woods from deer, there will be no natural future forest. This is why, after seeking advice from more than a dozen experts, the 4CW Committee has recommended a deer fence in certain areas that will allow greater biodiversity and a future forest to eventually thrive.

It is good to know that while rejecting a fence around the Big Woods as a whole, administration has approved a fence for 40+ acres south of Bennetts Run, and a much smaller fenced area (1.8 acres) on the wooded slope north of Bennetts Run. In 2023, to avoid the steepest slope below the wooded edge opposite Evans and Dyer, a northern fence line (running east/west) will be set back 80 feet down the slope and the southern line will be set back approximately 10 feet from Will's/Dave's Trail. Both will be screened by foliage.

Inside such a fence, after clearance of invasive plants, tree seedlings can be planted in canopy gaps and other trees and shrubs will emerge from seeds already in the ground. Until such seedlings grow high enough to shade the

From the CRA President

I'd like to share the experience I've had as a resident of Firbank over the last month. On November 14 I had a successful hip replacement from a local orthopedic surgeon. Recovery was going well until complications arose from a swelling of my legs due, according to a hospital's physical therapist's home visit diagnosis, from a pre-existing heart condition. After a brief visit at Chester County Hospital, I was brought to Firbank on December 12 for rehab. I finally got back to our home in Rushmore on January 5.



*Everyone who
took care of me
was kind, patient,
goal-directed,
and tireless.*

I don't intend this to be an "organ recital," but I do want to highlight the excellence of care and comfort that I received day and night from **everyone** on the staff. Everyone who took care of me was kind, patient, goal-directed, and tireless. Some of the staff have worked at Firbank for decades. Staff from other departments came in as needed. Everyone cared for my progress, healing, and return to health.

We are fortunate to have Firbank as well as the surrounding medical resources in our neighborhood.

Sam Wagner

invasives, 5-10 years' active maintenance will be needed to keep them free from that competition.

An 8-foot-tall wire mesh fence on wooden poles may seem hard to hide. However, as illustrated in photographs in the most recent PowerPoint program, when set back from trail margins and screened by foliage, they can be hard to discern. Residents who would like to learn more about plans for deer fencing should look at that program which can be found on the CRA website, and/or by clicking [here](#).

Jennifer Allcock

Safety at Crosslands: The Silver Rule

If the golden rule is “do unto others...”
the silver — and just as important — rule is,
“Do not do unto others what you would
not have them do unto you.”

At the Safety Committee meeting in December, there was an important discussion of the Silver Rule, and the decision was to share it with you.

There are areas of concern where there have been unfortunate infringements of this rule. They are dog management, jay walking through our parking lots, and speeding. So here are some reminders for residents and their guests:



Dog Management

- Dogs should always be leashed.
- Leashed dogs should be on a short lead when near people. A dog jumping up can seriously hurt those who are unsteady on their feet.
- Some people are afraid of or allergic to dogs.
- Some dogs are aggressive and should not be in public areas such as the Center.
- Some dogs are afraid of other dogs and will react badly even to friendly advances. Wait for the owner's agreement before approaching a dog or letting your dog approach anyone or another dog.
- Dogs should not be tied up unsupervised in the hallways or other parts of the Center.
- **Dogs are not allowed in the café or dining room.**



Walking Unsafely

- This also involves walking in driveways, roads, and parking areas unnecessarily, especially when pathways are provided. Use the pathways and make yourself visible even if it means walking a few extra steps.
- Some elderly drivers have poor vision, some shorter people are not clearly visible, weather may make visibility bad, and drivers don't expect pedestrians in these areas. You might be hurt or even killed. Even if it was your own fault, the responsible driver will be traumatized.
- **Use the safe way, not the short way.**



Speeding

- The campus speed limit is 20 mph.
- Stop signs mean **STOP**, not roll through the intersection.
- Pedestrians have the right of way in crosswalks, not cars.
- **Do not speed, run stop signs, or ignore pedestrians in crossings.** Food services, classes, and programs will still be there if you are a few minutes late.



Safety is everyone's concern. We want you safe, and we want you to keep us safe.

Betty Nathan, Safety Committee

What's Your Choice for Dinner?

In the whole big question of Climate Change, food is often ignored. Yet, the production, transportation, and consumption of food have an enormous impact on global warming. By answering this questionnaire, you will help to guide discussion on food choices at Crosslands.

With this statement to remind folks of our ongoing concern, we sent out an EAT LESS BEEF Questionnaire on October 12, 2022 to 298 Crosslands residents. Our campaign began more than a year earlier, as residents worried about how to deal with Climate Change. Dick Haden reported in the November 2020 issue of the *Crosslands Chronicle* that he'd completed a Carbon Footprint Calculator, developed by the UC Berkeley and found if he limited his consumption of red meat by only one or two days a week, he could significantly reduce his carbon footprint. Soon, "Be Kind to the Planet EAT LESS BEEF" buttons began to appear, helping to raise awareness about this simple strategy. Over the next months, we gave out buttons to Crosslands, Kendal, Cartmel, and Coniston residents.

Our next step was to organize a wonderfully successful EAT LESS BEEF dinner as part of Earth Week in April of 2022. With the help of Tracy Sedlak, John Platt, and all the Culinary staff, we filled the dining room alcove with eager

diners, and there were more on the waiting list, hoping to be able to join us. That's when we knew we were on to something.

At our second meeting with Culinary, we learned there are two cycles to menu planning: spring and summer, followed by fall and winter. Culinary staff orders food from SYSCO. Menus and recipes come from a variety of sources. Our big take-away from the meeting was the discovery that Culinary's only feedback for meals and menus come from individual Response Cards. We thought we could get a better understanding of food choices and preferences by asking directly.

Within days, we designed and distributed an EAT LESS BEEF Questionnaire, consisting of five questions. We received 196 responses. Questions and responses appear below.



► In an average week how often do you choose red meat (lamb, beef, or pork)?

0	1	2	3	4	5	6	7
28	42	53	39	15	8	3	3

Of the 196 respondents, only 3 respondents chose meat 7 days a week. 83% chose to eat red

meat, three days a week or less. There were few comments.

► In an average week, how often do you choose the fish or seafood option?

0	1	2	3	4	5	6	7
11	27	51	40	29	25	6	2

Surprisingly, 102 respondents out of 196, a majority of 52%, chose seafood or fish three days a week or more. Some respondents

complained that sometimes the fish looked dry. Several mentioned their choice of seafood or fish depended on how it was prepared.

Continued next page...

► Why do you choose the vegetarian option?

I don't	Allergic to seafood	I want to try it	I prefer not to eat red meat	I'm a vegetarian	Other, please explain
51	3	67	29	7	49

The remarks in response to this question were many and varied. There were 213 answers, which indicated some had answered more than once. A sample of remarks: "I often eat the vegetarian option because the food looks good and often they are." "Vegetarian options are often my first choice." Some said, "I wish the vegetarian dishes were more appetizing." Another, "Please keep

working on variety, & spicing up the vegetarian meals." Some residents commented that they found the vegetarian options high in calories, fat, and/or salt. One person wanted tofu, three did not. One person thought the vegetarian options contained too much cheese. One person commented, "I would eat more vegetarian entrees if they were better."

► If the options were red meat, chicken, seafood, or vegetarian, which would you choose?

Red Meat	Chicken	Seafood	Vegetarian
33	72	96	27

The respondents showed a clear preference for Seafood, with Chicken the next most popular choice. Some respondents said their choices

depended on how the food looked and was prepared. Others mentioned allergies, calories, and sodium levels

► On a scale from 1 to 5, how willing are you to eat less red meat?

1 Not willing	2	3	4	5 Very willing
24	20	45	37	58

Twenty-four, or 12.2 % of the respondents indicated they were not willing to decrease their consumption of red meat. Six of the twenty-four chose "Not Willing," since they had already decreased their consumption, leaving 18, or 9.2% who chose a definite "Not Willing." The

remaining 102 respondents indicated various degrees of willingness. Comments varied. Some respondents indicated a desire for continuing to have options. Others reported they intended to eat red meat on special occasions.

Conclusion

There was a large and lively response to our questionnaire. People had a lot to say, and they definitely wanted to have options and choices on the menu. A surprisingly high number of respondents chose seafood as their preferred

option. Another surprising response was the strong support for eating less red meat. The comments indicated residents have a strong interest in a healthy diet, with consideration of sodium levels, fat content, and calories.

Lyn Back

Did You Know That...

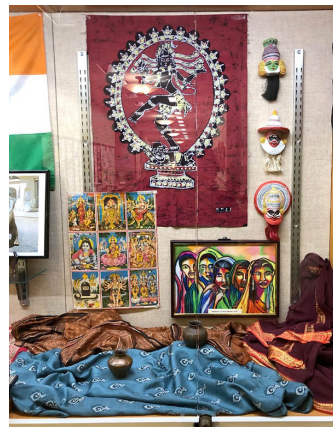
-colored stars on residents' name tags mean they moved to Crosslands in 2023?
-Mo, the robotic top of the line lawnmower, and the all-electric Coco Coupe golf cart are examples of KCC's commitment to sustainability?
-between 160 and 170 hams were given to Crosslands staff for Christmas?
-turnips, a favorite food of deer, were planted on the south side of the Kirkpatrick property in sight of three hunter tree stands?
-if you want to make your name tag magnetic, contact the Crosslands Welcoming Committee for a set of magnets that will do the job?
-as of publication, four centenarians live at Crosslands?
-for Christmas Eve dinner, 36 residents dined in the café and 78 residents did take out? On Christmas Day, meals were delivered to eight units as part of the at home program, while 41 residents took out and 97 residents and 57 guests dined in? The Culinary Services staff did an outstanding job Christmas weekend, especially in view of the December 24 communications breakdown and weather-related events.
-Crosslands continues to look for volunteer(s) to get the collection of #6 plastic clamshells up and running again? Kendal has resumed collection of #6 plastic clamshells and takes them to the Delaware Solid Waste Authority Newark Recycling Center, which accepts drop-offs from Pennsylvania.
-if, after checking your meal balances with the Point-of-Sale operators in the Café or Main Dining Room, you have questions about your meal balances, contact Culinary Services Manager, Darlene Parrett-Harris?
-the Meditation Room, across from Penny's Lounge, now has original artwork by Crosslands residents including stained glass window hangings by new resident Bob Frazier?

Showcase Your Stuff



Thanks to Phoebe Driscoll (above), David and Margaret Camp, and Cindy Arrouet (below left to right) for the last three beautiful showcase displays. If you have a collection you'd like to lend us to display for a month or two, please let Renny Wood or Debby Kern know. Thanks.

Debby Kern



-as you walk around the campus, take time to visit the lobbies of apartment buildings where you will see things like tropical fish in Brinton and four amaryllis bulbs with 14 blossoms in Rushmore?
-96 packets of Laundry Detergent Eco Strips have been sold by the Sunflower Shop for \$13.00 plus tax (compared with Giant's price of \$16.99 plus tax)?
-voice access to TV 9/15 can be reached by dialing 484-770-5711?

Diana Stevens

Crosslands Culinary Partners with Local Agencies

For over twenty years, the Crosslands Culinary Department has partnered with local agencies and individuals to make the department a viable place of employment for people with disabilities. The department has offered on-the-job training to students in the Chester County Intermediate Unit (CCIU). The students have learned new skills and trained in a particular job like dishwasher so that when they graduate, they have work experience to list on their resumes which often leads to finding a job in that area. Crosslands has employed several people who originally trained with us through the CCIU including one long-term full-time employee.

Crosslands has also partnered with Handi-Crafters "Opportunity Center" (HCOC), a local agency that has an office which employs people

with disabilities and provides skill training to assist them in securing jobs in the greater community.

A current Crosslands staff member receives training and assistance through the successful partnership of a Handi-Crafters job coach and Crosslands Café Supervisor.

Additionally, Crosslands hires staff not working with an agency who may request a work accommodation, e.g., a stool to reach items in their work area.

Culinary does everything it can to make needed accommodations so staff members can be successful.

Crosslands Culinary Department's effective partnerships benefit many.

Diana Stevens

Culinary does everything it can to make needed accommodations so staff members can be successful.

Events

Forum

"Choose to be Curious: Curiosity, Learning, and Memory"

Presenter: Lynn Borton

Tue , Feb 21 7:30 pm WPR

Research is painting a fascinating picture of curiosity's role across the lifespan in improving learning and memory. Curiosity is also closely tied to feelings of well-being. It is a multi-faceted and powerful self-care tool we can all use. The good news is curiosity is like a muscle and we can strengthen it.

Lynn Borton will discuss the relevant research and theory, as well as offer some "curiosity practices" we can use every day.

Bunny Lawton



Great Decisions

"How Is Climate Change Impacting Human Migration?"

Moderator: Dick Haden

Mon, Feb 27 9:30 am Zoom

As climate change accelerates and drought and rising sea levels become more common, millions of people in affected regions must uproot themselves and seek safety elsewhere. Who are these affected individuals? How might the United States aid them? How might the United States be affected by the migration?

Click [here](#) to access Zoom. (Meeting ID: 875 4168 5343 Passcode: 1660)



Events

Tuesday Edition

**“Gemstone Origins:
Extraterrestrial, Natural
and Man-made”**

Presenter: Sue Kelly

Tue, Feb 14 11:00 am WPR / TV13

Please join us for a fascinating and unusual presentation about the origins and diversity of gemstones. Sue Kelly will share stories of unique gemstones, including microphotographs, as well as stories about her various roles as a Graduate Gemologist within the jewelry industry.

Elizabeth Rhoads

Painting Studio

**Exploring Methods & Materials
Workshop:
Charcoal Drawing**

Wed, Feb 1 10:00-noon Arts & Crafts Rm

On the first Wednesday of February, April, June, October, and December, painting workshops in the studio will feature a different medium to explore, experiment, and play with. A short demonstration will be followed by a guided opportunity for hands on experience. The demonstrations are intended to help explore the medium without extended, formal instruction. Curiosity, rather than skill, is the prerequisite. Cyndy Falcoff and Sherrill Primo will alternate demonstration and facilitation in these sessions.

As space is limited, please let us know if you plan to attend, so we can reserve your space and provide materials. Contact Cyndy to reserve a space.

Cyndy Falcoff



PHOTO BY STEVE SANDER

Light & Lively

Blue Octane

Sat, Feb 11 7:30 pm WPR / TV13

“Blue Octane performs high energy traditional bluegrass music. They feature a wonderful song selection with excellent vocals.”

– Danny Paisley, 2016 and 2020 IBMA
Male Vocalist of the Year



BLUEOCTANEBLUEGRASS.COM

Blue Octane is a real, five-piece bluegrass band. They play traditional music of the late 40's, 50's, and 60's, such as is associated with Bill Monroe, the Stanley Brothers, Flatt & Scruggs, and others.

David Camp

Writers Group

Meetings

**Wed, Feb 1, and Wed, Feb 15
3:00 pm Conference Rm**

Writers Group, a new group, begins February 1 and will meet on the first and third Wednesdays of the month in the Crosslands Conference Room.

The event is open to both campuses.



Parnel Wickham

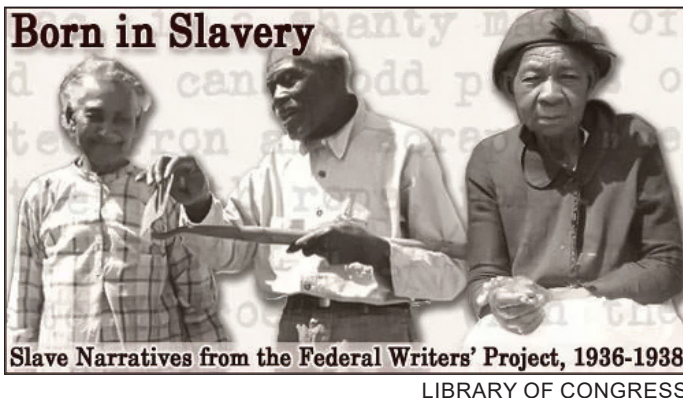
Events

Diversity, Equity, Inclusion, and Belonging

“Slaves and Slavery”

Presenter: Michael Mini

Fri, Feb 3 7:30 pm WPR



The DEIB 4-Campus Committee will recognize Black History Month with a special offering. During the Depression the Federal Writers Project was centered at Fisk University in Nashville. Energetic college students fanned out through the South and interviewed formerly enslaved Americans.

If, for instance, you were born in 1840, you would be in your 90s in the 1930s and you would have experienced a full 25 years of slavery as a child and young adult before it was abolished in 1865. One year the project got a bonus and purchased a tape recorder. The interviews were then taped.

In the 1990s Ted Koppel of ABC News became interested in this. ABC News purchased copies of the tapes, cleaned them up, and edited and subtitled them. They became the core of an episode of Koppel's "Nightline" show in 1999. The episode has still photos of the interviewees and their actual voices. This is a virtual encounter with the past. We cannot hear Lincoln, but we can hear some of the people whom he freed.

Michael Mini of Kendal at Longwood has researched this project and will present this talk.

Judy Heald

Camera Club

2022 Scavenger Hunt

Fri, Feb 17 7:30 pm WPR / Zoom / TV13



Milkweed Beetle Closeup by Bob Suter

Sixteen members of the Camera Club have collected photos for the scavenger hunt in the following categories: Texture, Looking Up, Elegant, Ambiguous, Shadow, Painting. Favorite, and Rock-Paper-Scissors.

Come for a fun evening. Click [here](#) for Zoom. (Meeting ID: 848 5296 6093, Passcode: 1660)

Elizabeth Rhoads

Crosslands Players Looking for Participants

Wed, Feb 8 4:00 pm George Fox Rm

Come help to choose a play and try out for a part. No need to memorize lines. Rehearsals begin in March, and the performances will be Friday, April 7, at 7:30 pm and Saturday,

April 8, at 2:30 pm in the WPR. Join us and have fun. Questions? Contact Jane Roberts.

Jane Roberts



Events

Spiritual Life Committee

“Reboot Your Nervous System”

Presenter: Adrian Bean L.Ac.

Wed, Feb 22 3:30 pm
Zoom (Click [Here](#)) / TV13



Let's talk about stress and these long winter days. Learn ways to reboot your nervous system right from your own home, through compassionate self-care, meditation techniques and neural manipulation basics.

Adrian Bean has spent over thirty years teaching and practicing neural therapy, incorporating ancient shamanic techniques with the most modern of neural discoveries.

Adrian Bean is the author of *Reboot Your Nervous System: Handbook for Self-Healing* as well as several books of Zen philosophy. He practices at the Pacific Center of Health and teaches for the Barral Institute. He is Manya Bean's son.

This event is Zoom and Channel 13 only. It will include a brief lecture outlining the Reboot method followed by a guided Reboot Meditation. Adrian tells us, “By turning off the motor side and opening the sensory side of the nervous system, we transcend techniques and connect to the source of our Life Force.”

After the presentation, he will answer any questions that might foster an interesting discussion.

Atala Toy

Concerts

Delaware Chamber Music Festival Reunion: Ray Firmin Memorial Concert

Sun, Feb 12 3:00 pm WPR / TV13

Several years ago, a Crosslands bus used to take us to concerts every June at the Delaware Chamber Music Festival, the best chamber music many of us heard all year. It was organized by violinist Barbara Govatos and played by her with several of her Philadelphia Orchestra colleagues, as well as Clancy Newman — our favorite cellist — and pianist Marcantonio Barone.

Using our segment of the recent Ray Firmin bequest, we decided to bring back this core group of Barbara's beloved festival. It will be memorable. They will play Dvorak (String Quartet in F Major, Op. 96) and Amy Beach (1867-1944), American composer of gorgeous music, who is finally recognized and celebrated (Piano Quintet in F# minor, Op. 67).

Anne Gross



Ovidiu Marinescu, Cello Carl Cranmer, Piano

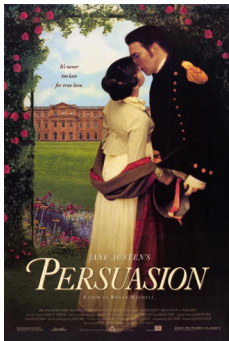
Tue, Feb 28 7:30 pm WPR / TV13

Where to begin with Ovidiu? He has performed extensively throughout his native Romania, as well as in Russia, Brazil, Spain, Italy, Germany, Switzerland, Bulgaria, Portugal, and many cities in the United States; received awards for his recordings; premiered dozens of new works; and conducted orchestras throughout Europe and this country.

We are lucky to have him here with pianist Carl Cranmer, who has as impressive a world-wide list of accomplishments. They will play Beethoven, Hilary Tann, and Grieg's Cello Sonata Op. 76.

Anne Gross

Movies



Persuasion (1995)

Sat, Feb 4 7:15 pm WPR / TV13

Amanda Root and Ciarán Hinds star in Jane Austen's story of interrupted romance. The English countryside, the spa city of Bath, and Lyme Regis by the sea provide striking settings. The atmosphere created through sensitive acting and photography — supported by understated but vibrant costumes — is one of mystery and discovery. English with subtitles. 104 minutes.

Julia Rudden

The Last Waltz (1978)

Thu, Feb 9 7:15 pm WPR / TV 13

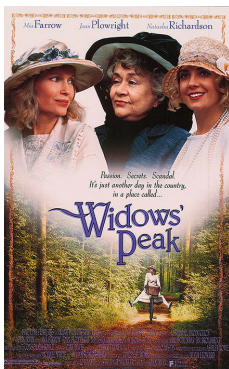


The Last Waltz documents the final concert of famous rock music group, The Band. It includes The Band's biggest hits and interviews about their lives as road musicians. It also features guest performances by rock legends Eric Clapton, Van Morrison, Neil Young, Joni Mitchell, Bob Dylan, and others.

This concert happened nearly 50 years ago, and the film provides a chance to revisit both the music and the turbulent times in which it emerged. Recognizing this, the Library of Congress selected *The Last Waltz* for preservation in the National Film Registry as being "culturally, historically, or aesthetically significant."

English with subtitles of interviews and stage introductions but not of song lyrics. Some profanity. 117 min.

George Helton



Widows' Peak (1994)

Sat, Feb 18 7:15 pm WPR / TV13

The quiet of a small town in Ireland is disturbed by the arrival of a beautiful mysterious outsider. She is of special concern to the town's exclusive group of widows and their leader, Mrs. Doyle-Counihan, whose attempts to incorporate the stranger into her code of behavior — including matchmaking — are thwarted in a way Mrs. D-C could not have possibly imagined. Mia Farrow, Joan Plowright, Jim Broadbent, and Natasha Richardson bring this story of surprises in a closed Irish community to life, a true human comedy. English, with subtitles. 101 min.

Julia Rudden

Unionville High School Book Sale Donations

The Unionville High school annual book sale is looking for donations of books (including foreign language books) as well as audio books, DVDs, music CDs, and video games. No textbooks, manuals, or magazines, please. The Crosslands Library will coordinate the collection of donations which will be gathered February 5 and picked up February 6 by the High School PTO. Details will follow on the Crosslands website. Contact Linda Leonard for more information.



Meet Bill Gallagher #209

Bill Gallagher's recent move to Woolman presented him with important life changes but also allowed remarkable continuity. He and his wife Adrienne decided years ago that they would move to Crosslands when the time was right. Adrienne lived with multiple myeloma for the last seven years of her life. Sadly, she died in April 2022. Bill stayed the course, and in October 2022, he moved into the unit they had chosen together.

One of four children, Bill grew up in Northeast Philadelphia. His dad was a union painter and his mom a housewife. He notes, both proudly and with a chuckle, that he received a Catholic education from first grade through law school.

He earned a BA in Government from LaSalle University. (Tuition was paid with summer earnings.) Four years of rowing and a Dad Vail Regatta championship were highlights of those years.

Bill strongly believes that indigent people in civil cases should be represented by a lawyer

that Bill met Adrienne. They married in 1964 after Bill began his military service.



PHOTO BY BOB SUTER

After Bill's release from the Marines in January 1967, Bill and Adrienne, with one son and another on the way, moved to Kennett Square. Bill began his legal career in Chester County when he took over the practice of a local lawyer who had recently passed away.

Eventually, Bill and Adrienne had three sons and a daughter, and in 1977 they moved into an 18th Century farmhouse in Kennett Township, where Bill lived until his move to Crosslands.

Bill's legal career expanded until he was a principal in the MacElree Harvey law firm. His practice was primarily complex litigation with a separate concentration in wills and estates. He continues the latter in Kennett Square.

Bill was the Public Defender of Chester County and strongly believes that indigent people in civil cases should be represented by a lawyer. He currently serves on the Board of Directors of Legal Aid of Southeastern Pennsylvania. He has also volunteered with the American Cancer Society and the Chester County Community Foundation, a philanthropic organization.

Beth Hopkin



Your Help Is Needed

Please remember to return the "green" re-usable containers to the bins outside the Center and near the dining room entrance. These containers are **not** disposable or recyclable. They should not be discarded.

Thank you for doing your part to help the environment.



Meet Ellen Huntington and Dan Mahoney #211

Ellen and Dan agree they chose Crosslands because they wanted to build a new life together in new surroundings. Both were end-of-life caregivers for their former spouses, and although the couple had friends in common and traveled in the same circle, they didn't know each other. About nine months later, they found themselves in separate grief support groups, which neither found meeting their needs. Dan thought he would try to start his own life recovery group, dedicated to moving the ball forward and rebuilding his life. He began interviewing possible members. Ellen's name came up through a mutual friend, and he invited her for dinner. They call their first meeting "the Vortex," and the rest is history.

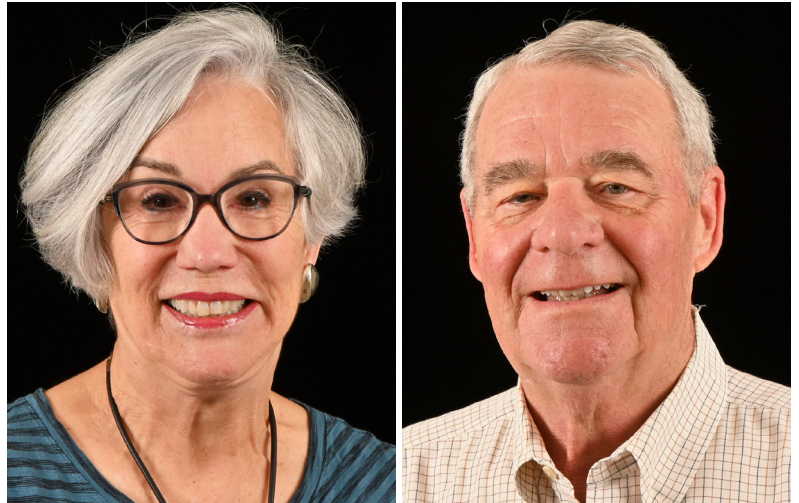
From her experience as a caregiver, Ellen realized the importance of a supportive life care community. Her aunt Trudy Huntington lives at Kendal, so she was familiar with the Kendal Crosslands communities. In fact, she was signed up and on the waiting list before she met Dan. After their marriage, she felt it was important to move to a place that was new to both of them.

While Dan knew nothing about retirement communities, he was familiar with Quaker values, having sent both his children to Wilmington Friends School, where his late wife was head of the foreign language department. He quickly saw the advantage of a continuing care community and wanted to move while he was still active and could engage and contribute.

Choosing a living space at Crosslands during the Covid pandemic was not easy. Dan and Ellen depended on floor plans and Zoom interviews with staff to decide. Since they couldn't go into any of the buildings, they came out to the campus and sat on the patio outside the Center, reading their newspapers and talking to residents who happened to walk by, a good strategy to help them get a sense of the community.

Creative thinking is how Ellen and Dan cope with life's challenges. For example, during Ellen's senior year in boarding school, she was not accepted at her first choice, Pomona College.

Disappointed but undefeated, Ellen thought being from New Jersey might help her chances. She wrote to the president of Pitzer College, the newest college in the Claremont consortium, stating her interest in attending. Her initiative was rewarded, and she graduated from Pitzer College with a B.A. in Humanities.



PHOTOS BY BOB SUTER

Dan was challenged in college — his obstacle was German — and he found himself in serious academic danger. He persuaded his parents to let him spend the summer in Germany to master the language. He found a job working at the Herr Doktor Stiebel Werks near Munich working as a *Gastarbeiter*. At the end of the summer, he returned to St. Anselm's College in New Hampshire and graduated, having completed his German requirement.

Ellen has two daughters. Sarah is a professor of Book Arts at the University of Alabama in Tuscaloosa. Emily lives in Rockport, Massachusetts, works for NOAA as a fishery management specialist. Dan has a son, Jason, a lawyer in Washington DC. His daughter, Molly, is a nurse in the Pittsburgh area.

Dan and Ellen were delighted by the warm welcome they received at Crosslands. They belong to a group called the "Woolies" (new Woolman residents), a social as well as an advocacy group to deal with problems arising in a newly constructed building.

Lyn Back

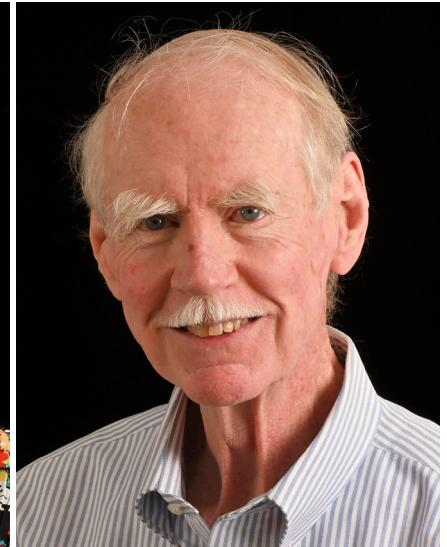
Meet Anita and John Nolan #80

John and Anita Nolan moved from Chadds Ford to Crosslands in October 2022, along with their three-year-old Labrador retriever, Avi. They have lived in Chester County for 50 years and had friends in Cartmel, so they were very familiar with Crosslands. They love the openness, friendliness, and interests of the residents, and they've already met many dog lovers. John enjoys walking in the woods and plans to look into woodworking and photography, while Anita plans to participate in exercise classes, ping pong, and hikes.

Anita and John were introduced by a friend in Philadelphia when she was a grad student and he had returned from a tour in Vietnam where he had served as a US Army Ranger/Platoon leader. Their first date was skiing. They learned that they shared a love for the outdoors, and so over the years they have hiked, canoed, sailed, camped, fished, and skied with their family.

Anita was born in New York City but spent her childhood in the Miami area. She remembers swimming in her pool, hiking in the North Carolina mountains, and visiting family in New York City. She went on to study at Emory University for two years and then earned a BS in Psychology from the University of Chicago. She then pursued a PhD in Psychology from the University of Pennsylvania but did not finish. Later, Anita earned a BS in Computer Science from West Chester University. She worked in mental health as the Outpatient Group Therapy Supervisor at Pennsylvania Hospital. Later she worked for 22 years as an IT project manager for Computer Sciences Corporation. Anita plans to continue volunteering as a Longwood Gardens docent and an ESL tutor and hopes to continue as a political volunteer as well.

John remembers the freedom of growing up in the outdoors of Tennessee and Oklahoma where he was taught to fish and hunt at the age of four. When he was seven, he moved



PHOTOS BY BOB SUTER

to a farm in Chester Springs. Later he earned a BS in Commerce and Engineering at Drexel University and subsequently earned an MBA in Finance at Widener University. Before the Army, he worked at the DuPont Corporation. Later, he worked as an engineering project manager at Sun Oil Company and Fluor Corporation. On the side, he dabbled in home construction and built their home in Chadds Ford. John enjoys upland game hunting, fly fishing, cross-country skiing, and Retriever Field Trials.

The Nolans have two daughters, in Media and Los Angeles, two grandchildren, and three step-grandchildren. Anita recalls excursions and baking sessions with her grandchildren, who sometimes call her "Grama Cookie."

John and Anita have many interests, especially traveling. In addition to their second home in the Poconos, the Nolans have traveled to Europe, Malaysia, Thailand, Cambodia, China, and India. John's favorite location, however, is New Zealand.

Connie Strickland

Meet Elaine and Ed Shoben #212

Ed Shoben likes to say, “Better to be lucky than right!” Careful planning, however, never hurts. This couple shared that those who really know them would say they are academics in all regards, exemplified by their extensive research on CCRC’s where Kendal/Crosslands came out on top. They also like returning to the east coast and being within driving distance of their daughter Abby in Ohio. Elaine recalled first hearing about this community during her childhood in Wellesley (Massachusetts) Meeting,

Elaine and Ed met during a weekend AFSC (American Friends Service Committee) “work camp” in New Jersey while in high school. Ed was leaving soon to take a one-year study abroad in England, so they began a long-distance letter-writing relationship, which they both agree is the best way to get to know someone. Upon Ed’s return, he began at Yale University to earn a B.A. in Psychology. Elaine entered Barnard College at the same time to earn an A.B. in Anthropology.

The Shobens would serve 30 years on the faculty and in administrative positions at the University of Illinois, raising two children along the way.

They married after their junior years, and Elaine, luckily, was able to finish her course work at Yale during its first year of co-education.

Following graduation, they packed up their VW Bug with all their belongings and drove across the country to Stanford University, stopping to camp each night. Ed would earn his Ph.D. in Cognitive Psychology and Elaine graduated from Hastings College of Law (now University of California Law in San Francisco) at the same time. She was hired to teach at the University of Indiana at Bloomington and Ed joined the University of Illinois Urbana-Champaign faculty, specializing in memory and language. After Elaine drove three hours for weekend visits for a year, the University

of Illinois College of Law decided to hire its first women faculty, including Elaine. Her focus was on remedies and work law, especially discrimination. She recalls, humorously, serving on a committee seeking “bathroom equity” as the number of women students and faculty increased over the years.



PHOTOS BY BOB SUTER

The Shobens would serve 30 years on the faculty and in administrative positions at the University of Illinois, raising two children along the way. But not without sorrow. Their son Greg, suffering from mental illness, would take his own life at age 20. Ed and Elaine are very forthcoming about suicide and about mental illness. They hope to see a group start here at Crosslands for parents who have lost an adult child.

Accepting post-retirement professorships at the University of Nevada at Las Vegas, Ed was the Dean of Liberal Arts. Elaine, who had authored numerous law books by that time, joined the newly founded law school which was the first in the state. In retirement again, they moved to Arizona. Elaine became involved in fitness activities, something she continues here at Crosslands. Her newest venture is “dabbling” in writing a young adult novel. Ed, who likes pickleball, US history, and analyzing political trends, also enjoys building model trains (HO size) and hopes the train club at Crosslands gets going again.

Linda Helton

KENDAL~CROSSLANDS RECYCLES!

**PLEASE
RECYCLE**



**GLASS BOTTLES
& JARS
(NO LIDS)**



**PLASTIC
BOTTLES
(NO LIDS)**



**METAL CANS
(PUT LIDS
INSIDE CANS)**



**PAPER
& FLATTENED
BOXES**



**ENSURE ALL RECYCLABLES ARE
CLEAN AND DRY**



**DO NOT
RECYCLE**

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CLAMSHELLS
& TAKEOUT
CONTAINERS**



**TISSUES &
NAPKINS**



**FOOD
WASTE**



**PUT IN MARKED BINS IN
FRONT OF CENTERS**

**FLEXIBLE
PLASTIC BAGS
& WRAPS**



See recycling guidelines posted in trash rooms for complete details.
Direct recycling questions to Lindsay Eidson at 610-388-5505.

What's New at the Library

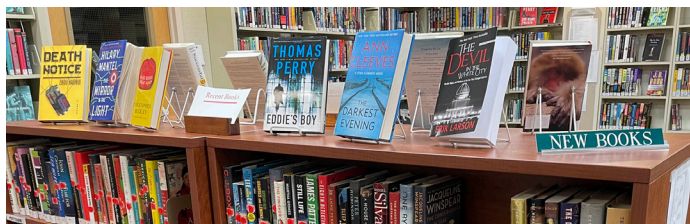


PHOTO BY STEVE SANDER

FICTION

Gaude, Laurent..... *El Dorado*
 McEwan, Ian *Lessons*
 Molnar, Marta..... *The Secret Life of Sunflowers*
 Segovia, Sofia *The Murmur of Bees*
 Selleck, Cassie D. *The Pecan Man*
 Smiley, Jane *A Dangerous Business*

MYSTERY

Bowen, Rhys *Peril in Paris*
 Burrows, Steve *A Shimmer of Hummingbirds*
 Burrows, Steve *A Cast of Falcons*

LARGE PRINT MYSTERY

Jacobson, Ellen *Poisoned by the Pier*

NON FICTION

Dembicki, Geoff *The Petroleum Papers*
 Freedland, Jonathan..... *The Escape Artist:
 The Man Who Broke Out of
 Auschwitz to Warn the World*

CROSSLANDS CHRONICLE

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Haley, Nikki R *If You Want Something
 Done: Leadership Lessons
 from Bold Women*

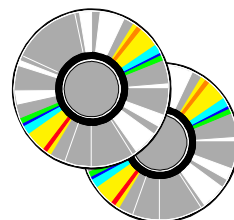
Philip, Leila *Beaverland*
 Rothstein, Richard *The Color of Law*
 Stoudt, John J. *Early Pennsylvania
 Arts and Crafts*

BIOGRAPHY

Ernaux, Annie *The Years*

DVDs

Elvis (2022)
The Emerald Forest (1985)
2001: A Space Odyssey (1968)
Top Gun: Maverick (2022)
Muscle Shoals (2013)
Mrs. Harris Goes to Paris (2022)
Ticket To Paradise (2022)
The Last Waltz (1978)



DISPLAY TABLE

The table continues to display books about the
 theater and holidays.

Jumble

Unscramble the words; then use the circled
 letters to complete the sentence.

ELOWDH
 O O O O O O

IHENBD
 O O O O O O

GIEAMN
 O O O O O O

SPYRTA
 O O O O O O

Answer here:

O O O O O - O O O O O

LAST MONTH: VIRTUE, AWARD, SPIFFY, PAELLA.
 A DRIVEWAY



THE UNHAPPY PATRON
 AT THE COFFEE SHOP
 CAUSED A...

February 2023 Calendar

Wed Feb 1 **Name Tag Day.**
Painting Studio. Exploring Methods and Materials Workshop. 10:00 am-noon Arts & Crafts Rm. See page 9.
Writers Group Inaugural Meeting. 3:00 pm. Conference Rm. See p. 9.

Thu Feb 2 **Birthday Celebration for Those with February Birthdays.** 5:00-7:00 pm. Main Dining Room Alcove. See Phyllis Wenner to sign up.

Fri Feb 3 **Diversity, Equity, Inclusion, and Belonging.** "Slaves and Slavery." 7:30 pm. WPR. See page 10.

Sat Feb 4 **Movie.** "Persuasion." 7:15 pm. WPR/TV13. See page 12.

Sun Feb 5 **Unionville PTO Book Sale Donations Deadline.** See p. 12.

Mon Feb 6 **CRA Board Meeting.** 10:00 am WPR&L/TV13. Everyone is welcome.

Wed Feb 8 **Poetry.** 3:00-4:30 pm. WPL.
Crosslands Players. First meeting for spring play. 4:00 pm. Geo Fox Room. See page 10.
Kendal Concert. Robyn Bollinger, violin. 7:15 pm. Kendal Auditorium.

Thu Feb 9 **Movie.** "The Last Waltz." 7:15 pm. WPR/TV13. See page 12.

Sat Feb 11 **Light & Lively.** Blue Octane Bluegrass Band. 7:30 pm. WPR. See page 9.

Sun Feb 12 **Music.** Delaware Chamber Music Festival Reunion: Ray Firmin Memorial Concert. 3:00-4:00 pm. WPR&L/TV13. See p. 11.

Tue Feb 14 **Tuesday Edition.** "Gemstone Origins: Extraterrestrial, Natural and Man-made." Presenter: Sue Kelly. 11:00 am. WPR/TV13. See p. 9.

Wed Feb 15 **Name Tag Day.**
Community Dialogue. 10:30 am, WPR.
Writers Group. 3:00 pm. Conference Rm. See p. 9.

Fri Feb 17 **Camera Club.** Scavenger Hunt. 7:30 pm. WPR/TV13/Zoom. See p. 10.

Sat Feb 18 **Movie.** "Widows' Peak." 7:15 pm. WPR/TV13. See page 12.

Tue Feb 21 **CRA Concerns Session.** 10:00 am. Music Room.
Forum. "Choose to be Curious." Presenter: Lynn Borton. 7:30 pm. WPR. See page 8.

Wed Feb 22 **Spiritual Life Committee.** "Reboot Your Nervous System." Presenter: Adrian Bean. 3:30 pm. Zoom/TV13. See page 11.

Mon Feb 27 **Great Decisions.** "Climate Migration." Moderator: Dick Haden. 9:30 am. Zoom. See p. 8.
"The Miracle Monarch Butterfly." 3:00 pm. WPR. Presented by the Cartmel Residents Association.

Tue Feb 28 **Music.** Ovidiu Marinescu and Carl Cranmer. 7:30 pm. WPR/TV13. See page 11.



Venues, times, and other details may change. Please watch for announcements and additional changes on the Crosslands website (www.crosslandsres.org), bulletin board, and TV9.

Paraprosdokians Will Make You Think Twice

Paraproswhat? Yep, you read that correctly. Paraprosdokians are linguistic brain scramblers, often humorous, in which the latter part of the sentence isn't what you expected based on the first part.

Standing in the park today, I was wondering why a frisbee looks larger the closer it gets...and then it hit me. — Stewart Francis

There are three kinds of people in the world; those who can count, and those who can't. — Unknown